

The Fruit and Vegetable Adventure

“We are going on a nutrition adventure around Arizona with Bobby B. Well to discover the special nutritional powers found in fruits and vegetables. Bobby B has asked for your help to find the delicious fruits and veggies grown here and unleash their super powers. Everyone stand up, **push in your chairs** and grab your bags and let’s head out on our journey around the state.

Queen Creek:

First we start by walking to Queen Creek in search for peaches. We are **walking and walking....** now we have to **climb up** to the top of Camelback Mountain and **let’s run down the other side**. Watch out for the rattlesnake! We will have to **jump over it**. We finally arrive to Schnepf’s Farm. The peach trees are all full of peaches! Hurry **climb the trees** and **pick** the bright orange peaches. Let’s **take a bite!** Yum, this orange peach will help to strengthen our immune systems, because it is high in Vitamin C. All orange fruits and veggies will help strengthen our immune system. Don’t forget to **grab more for later**. Now let’s **climb down the tree**.

Yuma:

Next we are going to head to Yuma to pick some lettuce. **Let’s skip the whole way there**. Don’t forget to **get those knees up**. Whoa we need to **slow down** I can see the Colorado River ahead of us. **Dive in and swim across...do the front stroke and the back stroke**. Okay we made it across the river now I can see the dark green lettuce. **Start picking the lettuce. Try a bite**. Delicious! All dark green leafy vegetables will give us strong bones. **Show me your strong bones**.

Ajo:

Now we are on our way to Ajo. We can **jog our way there**. Lookout...there is a prickly pear cactus **let’s leap over it**. Make sure you leap up high enough. Whoa there are cacti everywhere. I guess we will have to **zigzag around them all. Zig and Zag**. There is the garlic let’s **start digging**. Got some! **Take a bite!** Phew this garlic gives us stinky breath; but will help us to fight off cancer. All white fruit and veggies will help to fight off cancer. **Fight off the cancer. Pack our bags full of garlic**.

Tucson:

Now we are off to Tucson for some grapes. Let’s **jump onto our horses and gallop** to the grapevines. Whoaaaaaa....slow down horse. **Jump down** from your horse. Let’s **crouch down and pluck the purple grapes** off the long windy vines. Purple fruits and veggies will help our memory. So don’t forget to **bring more back with us!**

Wilcox:

Let’s keep heading east to the apple orchards in Wilcox. I can see the orchard ahead of us let’s **start running. Stop!** I see a Gila Monster in front of us I think we should **tiptoe around it**. Look at all the trees they are covered with apples. This means we will have to **climb another tree**. Climb to the top **and grab down an apple. Take a big bite out of the apple**. Excellent! This red fruit will help us to have a healthy heart. Padump Padump. **Keep filling your bags with the apples**.

Prescott:

Let's head out of Wilcox and onto Prescott. We will have to **hike** across the Mogollon Rim to find some yellow corn. The corn is just ahead of us now **let's dance around the corn fields as we grab ears of corn**. This yellow corn will help improve our eyesight. **Use your binoculars to look around at the beautiful corn field. Load the rest of your bags with yummy yellow corn.**

Phoenix:

Now I think we have all our fruit and vegetables so let's head back to Phoenix. We can **hop in our canoes and paddle down the Verde River to get us back home**. Once we got back to our classroom we will review the superpowers we discovered on our journey.

1. We first went to Queen Creek to collect peaches. Peaches are high in Vitamin C. Who remembers how Vitamin C helps our body?
2. Next we went to Yuma to pick lettuce. Who remembers how green fruits and vegetables help our bodies (flex muscles for a hint)?
3. After Yuma we went to Ajo to dig up garlic. White fruits and vegetables help to fight what?
4. In Tucson we plucked grapes. How do purple fruits and vegetables help our bodies (tap your temple to give a hint)?
5. Next we went to the apple orchards in Wilcox. Red fruits and vegetables give us a healthy what (make a heart with your hand over your chest)?
6. The last place we traveled was to Prescott. We danced in the corn fields because yellow fruits and vegetables help these (point to our eyes).

